

S.I.E.S. (Nerul) College of Arts, Science and Commerce

5.1.3 Capacity building and skills enhancement initiatives taken by the institution.

Sr.	Name of the capability enhancement program	Links
	Life Skills	
1	Stress Management	http://www.siesascn.edu.in//naac/criteria5/5.1.3%202021/LS/5.1.3%20LS%20stress%20mgmt.pdf
2	Health Awareness about Covid -19 Vaccine	http://www.siesascn.edu.in//naac/criteria5/5.1.3%202021/LS/5.1.3%20LS%20health%20awareness.pdf
3	Mindfulness	http://www.siesascn.edu.in//naac/criteria5/5.1.3%202021/LS/5.1.3%20LS%20mindfulness.pdf
4	Spiritual Management	http://www.siesascn.edu.in//naac/criteria5/5.1.3%202021/LS/5.1.3%20LS%20spiritual.pdf
5	Better Breakfast Week	http://www.siesascn.edu.in//naac/criteria5/5.1.3%202021/LS/5.1.3%20LS%20bbw.pdf